

Where do I start?

If you already go to any kind of child, young people and family service you can ask someone you know at that service to be your Lead Practitioner and to organise a Meitheal.

If you are interested in finding out more about Meitheal and/or you do not know anyone who can be your support person you should contact your local Child and Family Support Network Coordinator whose details are given below.

Where do I start?

The Child and Family Support Network Coordinator for the area is:

Name:

You can contact them at:

Address:

Phone number:

Email:

General Information on support services in your area can be got from:

Web address:

NOTE

It is very important that you as well as your parent/carer fully understand all the different parts of the plan. You should ask your parent/carer or the person who would like to be your family's Lead Practitioner if there is anything that you don't understand.

TÚSLA An Ghníomhaireacht um
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Child and Family Agency

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Meitheal

A TÚSLA led national practice model

A GUIDE FOR YOUNG PEOPLE



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DO YOU NEED SOME SUPPORT?

This is an information leaflet for children and young people about a new Tusla led support model, called Meitheal, that may be able to help you and your family get the help you need, easily, locally and when you need it. Tusla are the Child and Family Agency in Ireland, so our job is to work with, and look after the wellbeing of children and young people.

Meitheal brings together people interested in supporting you to find out what help you need to do as well as you can in life. Meitheal focuses on your strengths, which means the people working with you are always interested in what you are good at and what is going well for you. It is named after the old Irish term that describes how neighbours come together to help harvest crops or other tasks.

The kinds of services that might be involved in Meitheal are schools, youth services, family resource centres, medical services and others like these.

Why might I need Meitheal?

If you feel that you are facing a lot of challenges that are difficult to overcome and you need some help, then Meitheal could help.

Examples of the challenges that Meitheal could help with are:

- problems at school;
- feeling down;
- not getting on with your parents;
- problems at home;
- loneliness;
- worrying a lot.

You may already be receiving support from different services but finding it difficult to deal with all of them at once. Meitheal can help you to get the support that is best for you in a coordinated manner.

Preventing problems from arising or getting worse is better than dealing with them later. Meitheal can help stop current challenges from getting any worse for you.

How Meitheal works

The first step is for a supportive person from one of the child, young people and family services in your local area, called a Lead Practitioner, to sit down with you and your family to identify your needs and strengths. You may need one particular service or you may need a group of services to come together to provide you with the support you need. The Lead Practitioner works with you and your family to put in place a plan and can arrange the services for you. You and your family participate in putting that plan into action, in reviewing it and in deciding when you feel your needs have been met.

You may also decide that Meitheal is not right for you and your family.

